

United States Patent [19]

Leitz et al.

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[54] BALANCED FIBER COMPOSITION

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[57]

ABSTRACT

A nutritional fiber composition which comprises approximately 30 to 48.5% fiber, based on the weight of the entire composition, derived from the fruit and vegetable groups, approximately 30 to 48.5% fiber derived from the cereal group and approximately 3 to 40% fiber from sources other than the fruit, vegetable and cereal groups, wherein at least 10% of the total dietary fiber in the entire composition is soluble dietary fiber.

12 Claims, No Drawings